

I AM Navy Medicine

RSS : Posts Comments

NAVY MEDICINE LIVE

THE OFFICIAL BLOG OF U.S. NAVY AND MARINE CORPS HEALTH CARE • 2011 & 2012 WINNER OF BEST NAVY BLOG

HomeAboutDisclaimerNavy Medicine NewsNavy Medicine WebSiteI AM Navy Medicine

Written on OCTOBER 28, 2011 AT 8:30 AM by PROSS

# Navy Medicine Keeps Runners Safe at Marine Corps Marathon

Filed under UNCATEGORIZED

{NO COMMENTS}

By Capt. Michele Weinstein, Chief of Staff, U.S. Navy Bureau of Medicine & Surgery



"More than 22,000 participants ran the 2007 Marine Corps Marathon. The first Marine Corps Marathon began in 1976 with nearly 2,000 participants. Today, the MCM is the 4th largest US Marathon and 7th in the world. It is the largest marathon in the world that does not offer prize money, earning its nickname, "The People's Marathon."

Friday: 60/43

Saturday: 65/43

Those temperatures are the 10-day forecast predictions for Marine Corps Marathon race weekend in the metro D.C. area. Much warmer than that and it is sure to be a busy day for Navy Medicine.

Although 43 degrees may seem cold and mean gloves and a jacket that is great weather for a grueling 26.2 mile run. Each degree warmer means more dehydration, more muscle cramps and an increased risk for heat stroke. Navy Medicine will be ready to take care of all the runners race weekend; 3,000 kids in

the Fun Run, 10,000 10k runners and 23,000 marathoners.

This week Naval Health Clinic Quantico, Va., providers and staff are reviewing protocols, finalizing aid station assignments, verifying licenses for volunteer medical staff, and learning the locations for all the medical support on the race course. Many are veterans, including Cmdr. Vincent LaPointe who has supported 10 marathons as an officer in charge of an aid station, are geared up and ready to roll. Medical t-shirts are packed and ready to be worn. The bright school bus-yellow shirt with the big red cross makes for a vibrant beacon for weary runners and spectators alike.

"Can you tell me where the link up location is?" "My boyfriend should have finished an hour ago but I can't find him, would he be at medical?" These and many other questions get asked of the medical staff on marathon day.

The peak of the race for Navy Medicine is between 11:30 a.m. and 2 p.m., where the aid stations will see almost 400 runners in a short period of time. Injuries range from simple blisters and shin splints to nausea, vomiting and heat stroke. Always at the ready, the Navy Medicine team is prepared. The aid stations may look a bit chaotic, runners in various stages

## Navy Medicine Video

Navy Medicine is a global healthcare network of 63,000 Navy medical personnel around the world who provide high quality health care to more than one million eligible beneficiaries. Navy Medicine personnel deploy with Sailors and Marines worldwide, providing critical mission support aboard ship, in the air, under the sea and on the battlefield.

## Navy Medicine Social Media

Follow us on Twitter

Join us on Facebook

Read our publications

View our photo stream

Watch our videos

## Navy Medicine Live Archives

March 2015 (5)

February 2015 (16)

January 2015 (12)

December 2014 (17)

of undress, moaning, stretching, eating salty food but the team is ready.

In the several years that I have been serving on the marathon medical support team, I can recall tons of times when our personnel did so much more than attend to injuries. We really are there to just help. For instance, I remember a dad approached the medical information tent manned by clinic staff. “I can’t find my 15-year old twins and we have a flight to catch.” The man had run with a young child in the race, and he was a bit panicked, afraid to miss his flight back to the Midwest. Two Navy corpsmen found them at the finish festival, returned them to dad and quickly stepped away as dad started to let them know what he thought about their disappearance. We laugh about it now, but one of the children could have been seriously injured and due to our extensive tracking system for patients, we would have been able to locate them.

I remember another call that came into the command center one time. “One of our emergency medical responder’s wife is about to give birth at a local hospital, we want to get him there as soon as possible, can you find him?” The marathon bib number was given to the medical team at the finish line; he crossed the line, got his medal and picture and was whisked off in time to see the birth of his child.

That story is Navy Medicine-anytime, anywhere, doing what they do best: taking care of those in needs, whether it is in a Naval Hospital, a third-world country, or at the Marine Corps Marathon.

I am proud to be on the Navy Medicine team that supports the marathon this year and I hope I can continue to represent us for years to come!

*This blog originally ran on [DoD Live](#).*

← Next post

Previous post →

November 2014 (11)
October 2014 (15)
September 2014 (20)
August 2014 (14)
July 2014 (13)
June 2014 (8)
May 2014 (11)
April 2014 (9)
March 2014 (14)
February 2014 (7)
January 2014 (7)
December 2013 (7)
November 2013 (12)
October 2013 (7)
September 2013 (14)
August 2013 (13)
July 2013 (11)
June 2013 (22)
May 2013 (15)
April 2013 (14)
March 2013 (14)
February 2013 (14)
January 2013 (12)
December 2012 (11)
November 2012 (11)
October 2012 (7)
September 2012 (9)
August 2012 (12)
July 2012 (13)
June 2012 (17)
May 2012 (22)
April 2012 (14)
March 2012 (13)
February 2012 (14)
January 2012 (13)
December 2011 (13)
November 2011 (20)
October 2011 (22)
September 2011 (12)